

# Samoens

## Family brochure



Winter

samoens  com  
*à en tomber amoureux*

# Samoëns

À EN TOMBER AMOUREUX



Samoëns is **THE** ideal resort for families:

A village full of charm and history to discover, a ski area for all levels with one of the largest beginners' areas in France, activities for all ages and all tastes... Let's discover together the programme for your stay!

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EVENTS / ENTERTAINMENT

# *Christmas village*



From mid-December

Celebrate Christmas in Samoëns in a fairytale setting, where local craftsmen and associations will be delighted to welcome you. Meet Father Christmas during fun activities and beautiful strolls around the town.

Children will be able to chase Father Christmas' sleigh, take part many the activities and marvel at the living nativity scene, while parents enjoy doughnuts, mulled wine and hot chocolate as they stroll from chalet to chalet.



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**Father Christmas' arrival and  
entertainment**  
December 24th

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# SPORTS ACTIVITIES



First gliding sensations on a pony sledge. The little ones discover their first gliding sensations sitting quietly in a sledge pulled by a pony... Simple and fun, this activity is sure to delight children!

**Children aged 1 and over.**

**Duration: 20-30min.**

**Price: €15 per child.**

## Equita Passion

**Lac Bleu - Morillon**

+33 (0)6 03 57 17 01

edelmaeva@gmail.com



## Ice rink

THE ICE GARDEN

A peaceful way for beginners of all ages to discover skating. Skate hire available for toddlers.

Fun and educational equipment (chairs, walkers, cones, penguins) is available free of charge, enabling even novice children to move around on the ice.

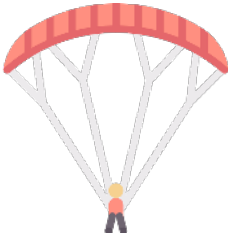
**From age 2: €9 (including skate hire).**

## Patinoire municipale de Samoëns

**155, route des Drugères - Samoëns**

+33 (0)4 50 34 13 92

piscine-patinoire.samoens@orange.fr



# Paragliding

## CHILDREN'S TANDEM

This children's paragliding experience will be an opportunity to realise every man's dream: to fly, but also to observe magnificent landscapes.



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**From age 4.**

**Duration: 10-15 mins.**

**Price: from €80.**

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### **ABC Spirale parapente**

**28, place du Gros Tilleul - Samoëns**

+33 (0)7 83 83 95 74

+33(0)4 57 27 76 20

[info@spirale-parapente.com](mailto:info@spirale-parapente.com)

### **École de Ski ZigZag**

**126, Grande Rue - Samoëns**

+33 (0)6 31 20 44 10

[info@zigzagski.com](mailto:info@zigzagski.com)

[zigzagski.com](http://zigzagski.com)

### **Les Tontons volants**

**730, route du Grand Massif Express - Samoëns**

+33 (0)6 20 30 75 53

+33 (0)4 50 89 82 30

[tontonsvolants@gmail.com](mailto:tontonsvolants@gmail.com)

[samoens-parapente.fr](http://samoens-parapente.fr)

### **Pégase Air Samoëns**

**496, route du Lac aux Dames - Samoëns**

+33 (0)4 50 34 95 80

+33 (0)6 07 14 94 24

[courrier@parapente-samoens.com](mailto:courrier@parapente-samoens.com)

[parapente-samoens.com](http://parapente-samoens.com)

### **2 Ski Fly**

**1096, route du Lac aux Dames - Samoëns**

+33 (0)6 19 30 35 29

[info@2skifly.com](mailto:info@2skifly.com)

[2skifly.com](http://2skifly.com)



# *Snowshoes outing*

A special educational snowshoe hike for families! On the programme: discovering nature (animal tracks, botany...), a bit of education (studying snow, geology...), safety with avalanche prevention and a touch of sparkling fun for an unforgettable walk!

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**From age 5.**

**Price: from €20.**

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## **Accompagnateur en montagne Pauline Pretet**

165, chemin de sur la ville - Les beules  
+33 (0)6 71 14 51 19  
pauline@trekycimes.com  
[trekycimes.com](http://trekycimes.com)

## **Bureau des guides de la vallée du Giffre**

28, place de l'Office de tourisme - Samoëns  
+33 (0)4 12 01 00 44  
info@guidesmontagnes.com  
[guidesmontagnes.com](http://guidesmontagnes.com)

## **Quintessence**

+33 (0)6 72 62 24 64  
philipczyk@free.fr  
[nature-quintessence.fr](http://nature-quintessence.fr)

## **École de Ski 360 - ESI Samoëns**

25, avenue Cognacq-Jaÿ - Samoëns  
+33 (0)4 50 53 38 92  
resasamoens@ecoledeski360.com  
[ecoledeski360.com](http://ecoledeski360.com)

## **École du Ski Français**

28, place de l'Office de tourisme - Samoëns  
+33 (0)4 50 34 43 12  
info@esfsamoens.com  
[esfsamoens.com](http://esfsamoens.com)

## **École de Ski ZigZag**

126, Grande Rue - Samoëns  
+33 (0)6 31 20 44 10  
info@zigzagski.com  
[zigzagski.com](http://zigzagski.com)

## **Ecolorado**

1148 route de Sixt - Samoëns  
+33 (0)7 88 80 86 05  
ecolorado.rafting@orange.fr  
[ecoloradorafting.com](http://ecoloradorafting.com)

## **Le sens de la Rando - Aurélien Pérol**

+33 (0)6 19 52 94 65  
lesensdelarando@gmail.com

## **Nunayak**

50, route du Fer-à-Cheval - Sixt-Fer-à-Cheval  
+33 (0)6 75 72 84 21  
contact@nunayak.com  
[haute-savoie-rafting.com](http://haute-savoie-rafting.com)



## *Sledge area*

There are several runs around Samoëns: at Le Fer à Cheval, Samoëns 1600 and Joux Plane. One sledge, one slope, and you're off!



We would remind you that you are strongly advised to wear a helmet when sledging.





## Frozen river

The Frozen River: an icy adventure on the Giffre! Put the thrill of sliding down the slopes to the side for a moment and try an experience you won't forget: take to the river on any white-water craft: raft, canoe or hydrospeed!

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**From age 10.**

**Price: €55/person, equipment provided and transport included.**

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### Nunayak

50, route du Fer-à-Cheval - Sixt-Fer-à-Cheval  
+33 (0)6 75 72 84 21  
contact@nunayak.com  
haute-savoie-rafting.com



## E-Fat- Scoot

### ALL-TERRAIN ELECTRIC SCOOTER

Supervised and unique themed walks. Get off the beaten track and try an original experience.

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**From age 8.**

**Price: from €45.**

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### École de Ski 360 - ESI Samoëns

25, avenue Cognacq-Jay - Samoëns  
+33 (0)4 50 53 38 92  
infosamoens@ecoledeski360.com  
ecoledeski360.com







## Cross-country skiing

On snow-covered and groomed areas, discover the pleasures of a different kind of skiing, far from the stress and hustle.

### Day

Adults: €9.50  
Young people (5-15yrs): €4.50  
Eterlous\* (16-21yrs): €7.50

### Week

Adults: €40  
Young people (5-15yrs): €19  
Eterlous\* (16-21yrs): €32

### Season

Adult resort season: €77  
(Pre-sale: €69)  
Seasonal adult department: €158  
(Pre-sale €134)  
Adult national season: €230  
(Pre-sale: €200)

Free for children under 5 and for adults aged 75 and over on the Haut-Giffre website. 5-15 year olds pay the youth rate. 16-21 year olds pay the Eterlou\* rate on the Haut-Giffre website only.

### École de Ski 360 - ESI Samoëns

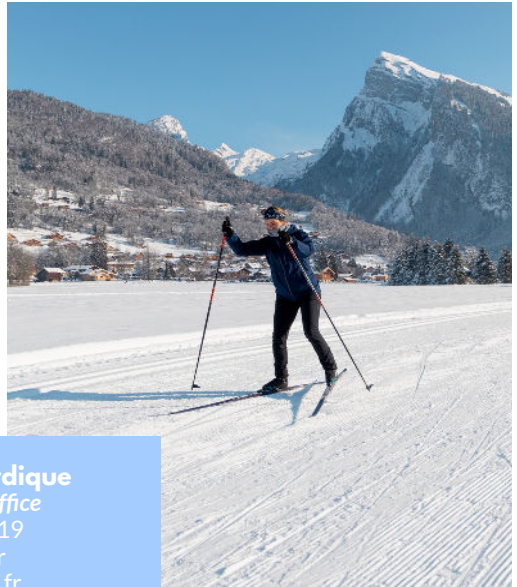
25, avenue Cognacq-Jaÿ - Samoëns  
+33 (0)4 50 53 38 92  
resasamoens@ecoledeski360.com  
[ecoledeski360.com](http://ecoledeski360.com)

### École du Ski Français

28, place de l'Office de tourisme - Samoëns  
+33 (0)4 50 34 43 12  
info@esfsamoens.com  
[esfsamoens.com](http://esfsamoens.com)

### École de Ski ZigZag

126, Grande Rue - Samoëns  
+33 (0)6 31 20 44 10  
info@zigzagski.com  
[zigzagski.com](http://zigzagski.com)



Haut-Giffre  
**NORDIQUE**  
JOUX PLANE • FER À CHEVAL • VALLÉE

### Haut-Giffre Nordique

Inside the Tourist Office  
+33 (0)4 50 96 64 19  
[nordic.hg@orange.fr](mailto:nordic.hg@orange.fr)  
[valleeduhautgiffre.fr](http://valleeduhautgiffre.fr)



# Alpine skiing

## BEGINNERS' SKI AREA SAMOËNS 1600

Suitable for both children and adults just starting out on the slopes, and very practical for parents and carers, the beginners' area is a reassuring, stress-free place to ski. As soon as you take the Grand Massif Express, which links the village to the slopes in just 10 minutes, you're in the beginners' area, with no stairs to climb. Served by 7 ski lifts, with restaurants and snack bars, here you can enjoy a relaxing moment in the sun, while keeping an eye on your children. A fun zone with the «Septi Snake» on a green slope: an easy slalom to learn and have fun, and at the edge of the slope, three modules to try your hand at freestyle! A carpet has also been installed for pupils coming up the slopes: ideal for avoiding the anxiety of the first «drag lift» and getting off to a gentle start in learning to ski.



on site

1 DAY

### GRAND MASSIF

SKI AREA

NORMAL (15-74 years): €57.50

REDUCED (08-14 years): €46.00

### FLAINE or VILLAGES

SKI AREA

NORMAL (15-74 years): €53.00

REDUCED (08-14 years): €42.40

Free for children under 8 and adults over 75 on presentation of proof of age. Prices excluding Ski-Card(+€2.00 per pass).

Non-refundable rechargeable Ski-Card.

Prices subject to change.





### **Ski area**

*Samoëns cable car*  
+33 (0)4 50 90 40 00  
contact@grand-massif.com  
grand-massif.com

*Free lift passes for children  
under 8 on presentation of  
proof of age.*



## SKI LESSONS FOR CHILDREN

From the age of 3, the little ones can benefit from various packages to ensure that their first slide on skis is the best one:

- Private lessons to familiarise themselves with the environment and the sport.
- Group lessons in a specially designed play area to learn to ski while having fun (Jardin des neiges / Piou Piou club).
- Small group lessons with a fun approach.

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*For children aged 3 and over.  
Price: from €44 for ½ day.*

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### École de Ski ZigZag

126, Grande Rue - Samoëns  
+33 (0)6 31 20 44 10  
info@zigzagski.com  
zigzagski.com

### École de Ski 360 - ESI Samoëns

25, avenue Cognacq-Jaÿ - Samoëns  
+33 (0)4 50 53 38 92  
resasamoens@ecoledeski360.com  
ecoledeski360.com



### École du Ski Français

28, place de l'Office de tourisme - Samoëns  
+33 (0)4 50 34 43 12  
info@esfsamoens.com  
esfsamoens.com

### 2 Ski Fly

1096, route du Lac aux Dames - Samoëns  
+33 (0)6 19 30 35 29  
info@2skifly.com  
2skifly.com



## SNOW GARDEN PIOU-PIOU CLUB

A specially designed play area to learn how to ski while having fun. Reserved for children over 3 and under 6 years old, beginners or those with a Piou-Piou, Blanchot, Sifflore or Garolou medal. The Piou-Piou Club is located at Samoëns 1600, 50m from the Grand-Massif Express gondola, close to group lessons meeting point. Equipped with a covered and decorated treadmill, children will discover the pleasures of sliding in complete safety. The children managing the nowplough position will soon leave the Piou-Piou Club in order to evolve towards the beginners area. Sessions lasting 2 to 2.5 hours do not necessarily mean 2 to 2.5 hours of skiing. Indeed, depending on the age, the degree of tiredness or the weather conditions, games or even rest may be preferred to skiing.

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*For children aged 3 and over.*  
**Price: from €197.**  
*(6 half days - medal included).*

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## École du Ski Français

28, place de l'Office de tourisme - Samoëns  
 +33 (0)4 50 34 43 12  
 info@esfsamoens.com  
[esfsamoens.com](http://esfsamoens.com)

# THE WALKS

Venture yourself on a ½ day or a full day hiking in complete peace thanks to our many snowshoe marked itineraries, and discover wonderful and breathtaking landscapes! Our advice: the Col de Joux Plane site where you will enjoy stunning views of our valley and the Mont Blanc. This site is also suitable for sledging and cross-country skiing.



## *The banks of the Giffre*




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**Departure from the Lacs aux Dames in Samoëns.**  
**Duration: round trip: 1h30 - 7.5 km -**  
**difference in altitude: 21 metres - difficulty:**  
**easy. Signposts: yes, for snowshoeing (take**  
**care not to use the cross-country ski trails).**

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### FROM THE LACS AUX DAMES TO THE LAC BLEU OF MORILLON

The route to the blue lake of Morillon takes the wooden bridge, located near the refreshment bar, between the two lakes of Samoëns. Shortly after the large footbridge, turn right, then take the small path located on the right marked «raquettes à neige». Please respect the cross-country skiing tracks and do not walk on them. Follow the well-marked path to the blue lake of Morillon.

# La Bourgeoise



From the parking lot, when you arrive at the col, take the path on the right, immediately after the sign «col de Joux Plane».

After a short climb, the wide path turns right and crosses a forest of alder trees. The path soon arrives on a wide plateau. An exceptional panorama is revealed. Almost all of the Mont Blanc massif faces you. The path continues, passing over the chalets of Mapellet, then by a short climb reaches the cross of Mapellet and the viewpoint table, marking the summit of the Bourgeoise.

From this viewpoint, you will discover the Vallée du Giffre surrounded by the high peaks of the Haut-Giffre and the Mont-Blanc.

The way back can be done by the same route or, from the Mapellet chalets, follow the wide path that goes down to the road. You then just have to follow the road to the parking lot.

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**Start: Col de Joux Plane.**

**Time to climb: 45 minutes - Time to descend:  
30 minutes - Difference in height: 79 metres -  
Difficulty: easy - Marking: yes.**

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source : [valleeduhautgiffre.fr](http://valleeduhautgiffre.fr)

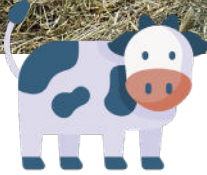


**For guided walks,  
see all our service  
providers on  
page 04 :**

*Snowshoes  
outing*



# INDOOR ACTIVITIES



## *A moment at the farm*

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### FERME DES CIMES

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Production of cow's and goat's milk cheeses. On-site sales.

Visits by prior arrangement from Monday to Friday. Farm snacks available all year round. Open every day, all year round.

**1431, route du Col de Joux Plane - La Combe Emeru - Samoëns**

+33 (0)6 79 88 07 21

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### FERME GAEC LE CRIOU

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Family-run business, making and selling farmhouse «fromage frais» from the cows' milk.

Open every day from 5.45pm to 7pm. Closed on Sundays.

**95, chemin du Bré - chez Renand - Samoëns**  
+33 (0)6 08 47 92 38

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### FERME DES CROËS CANAILLES

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HERENS cow breeder - Producer - Cheesemaker - Refiner - Farm gate sales.

Open: Mondays, Tuesdays, Fridays and Saturdays from 10am to 12.30pm.

**976, route de la Turche de Vercland - Samoëns**  
+33 (0)6 62 48 81 67





# Massage

Well-being massage for children doesn't have to be limited to a certain age. It is even more necessary as children grow up and become more active in their lives. It is the very principle of touch, combined with a gentle, relaxing massage, that facilitates the development of their vital organs and awakens their cerebral faculties.

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**From the age of 6 months.**

**Price: from €30.**

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## **ATMA sphère - Marie Lorient**

**919, route de Vigny, Le chalet de Vigny - Samoëns**

+33 (0)6 82 91 68 04

lechaletdevigny@gmail.com

[lechaletdevigny-samoens.com](http://lechaletdevigny-samoens.com)

## **Destination Massage - Roxane Thivierge**

**Galerie des Dents Blanches - Samoëns**

+33 (0)6 13 12 50 12

roxy.decham@wanadoo.fr

## **Quintessence**

+33 (0)6 72 62 24 64

philipczyk@free.fr

[nature-quintessence.fr](http://nature-quintessence.fr)

## **Mariel Pasquier**

**538, route de Taninges - Samoëns**

+33 (0)6 11 39 65 99

marielpasquier@gmail.com

[massage-samoens.fr](http://massage-samoens.fr)

## **Terres de bien-être**

+33 (0)6 82 91 68 04

+33 (0)6 11 39 65 99

terresdebienetre74@gmail.com

[terresdebienetre74.wixsite.com/samoens](http://terresdebienetre74.wixsite.com/samoens)

## **Résidence CGH - Les Chalets de Layssia**

**19, place des 7 Monts - Samoëns**

+33 (0)4 50 91 76 77

[cgh-residences.com](http://cgh-residences.com)

## **Résidence CGH - La Reine des Prés**

**132, route du Grand Massif - Samoëns**

+33 (0)4 50 78 01 77

[odescimes.com](http://odescimes.com)

## **Le Spa Montagnes du Monde Hôtel & Résidence Alexane**

**20, avenue du Giffre - Samoëns**

+33 (0)4 50 78 64 20

alexane@mgm-groupe.com

[odescimes.com](http://odescimes.com)





## Yoga

Yoga play helps children to channel and balance their energy and develop their creativity. Through playful yoga techniques and bodily expression, children develop their potential in full awareness.

**For children aged 5 to 15.**  
**Price: from €50.**

**Terre de Bien-Être**  
+33 (0)6 82 91 68 04 / +33 (0)6 11 39 65 99  
terresdebienetre74@gmail.com  
[terresdebienetre74.wixsite.com/samoens](http://terresdebienetre74.wixsite.com/samoens)

**Quintessence**  
+33 (0)6 72 62 24 64  
philipczyk@free.fr  
[nature-quintessence.fr](http://nature-quintessence.fr)

**Yoga la**  
600 route du Crêtet  
+33 (0)6 34 90 34 51  
anais.ricco@gmail.com  
[anaisricco.wixsite.com/yoga-la](http://anaisricco.wixsite.com/yoga-la)

## Art therapy

The aim of art therapy is to enable children to bring out what is buried in their subconscious. The therapeutic approach focuses on children's ability to express their inner self (emotions, feelings, fears, etc.) using means of expression other than the spoken word.

**For children aged 5 and over.**  
**Price: according to services.**

**Espace «Bulle de Soi»**  
156 Grande Rue - Samoëns  
+33 (0)6 11 83 98 39  
atelierc74@gmail.com

## Cinema

2 screenings a day with the main films of the moment. You'll find national releases, films in 3D and films in their original version language.

**Price: Adults: €9 - Children: €5 (under 11) - Teens: €6.50 (12 - 17) - Seniors: €7.50 (over 65) - 5 admission ticket: €33 (max 3 tickets per screening) - 3D surcharge: €2 (3D glasses: €1.50).**

**Programme available from the Tourist Office or online at [cinema-samoens.fr](http://cinema-samoens.fr)**

**Le Criou cinema - Cinémonde**  
219, rue des Billets - Samoëns  
+33 (0)4 50 34 41 40  
info@cinemonde.fr

## THE SERVICES



### *Baby sitting*

A list of baby sitters is available from the Tourist Office or on our website under «Downloads».

#### **Tourist Office**

66, place de l'Office du Tourisme - Samoëns  
+33 (0)4 50 34 40 28  
infos@samoens.com  
[samoens.com](http://samoens.com)



### *Baby changing corners*

Samoëns has a duty to offer family-friendly services. A baby-changing area has been set up in Samoëns, under the ESF / Bureau des Guides office.

#### **Address**

28, place de l'Office de Tourisme - Samoëns



### *Le petit train*

Let the Septitrain guide you through Samoëns in a fun and original way.

#### **Septiloisirs**

72, rue des Billets - Samoëns  
+33 (0)6 10 40 83 08  
septiloisirs@aol.com



## Media Library

A friendly cultural space open all year round to everyone. Subscribers can borrow documents and use the computers. Regular events are organised in partnership with the Criou Livres association.

*Price: Annual season tickets free for those under 18, €20 for adults (primary or secondary residents), 2-month or 6-month short season tickets: €15 with €50 deposit.*

### **Médiathèque Municipale François Désarnod**

**Le petit Bellevue - 4, Grande Rue - Samoëns**  
+33 (0)4 50 34 95 77  
bib.samoens@orange.fr  
[www.samoens-biblio.fr](http://www.samoens-biblio.fr)



## *Baby equipment hire*

If you don't have any winter sports equipment or if you want to travel light, don't worry, you'll find what you're looking for in our different shops, including bottle warmers, umbrella beds, pushchairs, ski suits and baby backpack carriers..

### **J'Aime Sport**

**217, avenue du Fer À Cheval - Samoëns**  
+33 (0)4 50 34 98 20  
jaime.sport@orange.fr

### **Pellissier Sports / Eko sport rent**

**47, Grande Rue - Samoëns**  
+33 (0)4 50 34 18 81  
info@pellissier-sports.com

### **Sport 2000 / Passion Glisse**

**16, rue de la Gare - Samoëns**  
+33 (0)4 50 34 42 14  
sport2000.samoensvillage@wanadoo.fr

### **XTrême Glisses**

**730 route du Grand Massif Express**  
+33 (0)4 50 89 82 30  
xtremeglisses-samoens@wanadoo.fr  
[xtremeglisses-samoens.com](http://xtremeglisses-samoens.com)



## *Leisure centre* *La Marmotte*

The centre is open during zone A school holidays, except weekends and public holidays.

The leisure centre means :

- A personalised welcome for your child
- Specific areas allocated to each age group (sport, nature discovery, etc.)
- Spaces designed to encourage children to be active, to develop their independence and emotional security, with clear rules to help them know what they can and cannot do.
- Activities adapted to the age of the children, sufficiently varied and organised to meet their needs. In most cases, the activities form part of a chain to give them meaning.
- An environment created by the team and the surroundings of the centre that allows activities to take place.
- Friendly meals: the activity leaders eat with the children. It's a time for sharing.
- A balanced diet - Constant attention to the children's safety, hygiene and health.

**From age 3 to 17.**

### **La Marmotte**

**446, route du Chevreret - Samoëns**

**+33 (0)7 66 19 65 71**

**enfance-jeunesse@montagnesdugiffre.fr**



## *Entertainment programme*

### **Every day of the week:**

geocaching,  
treasure hunts,  
escape games,  
guided mini-train  
tours...

**SCAN ME !**



## *For a lively holiday*

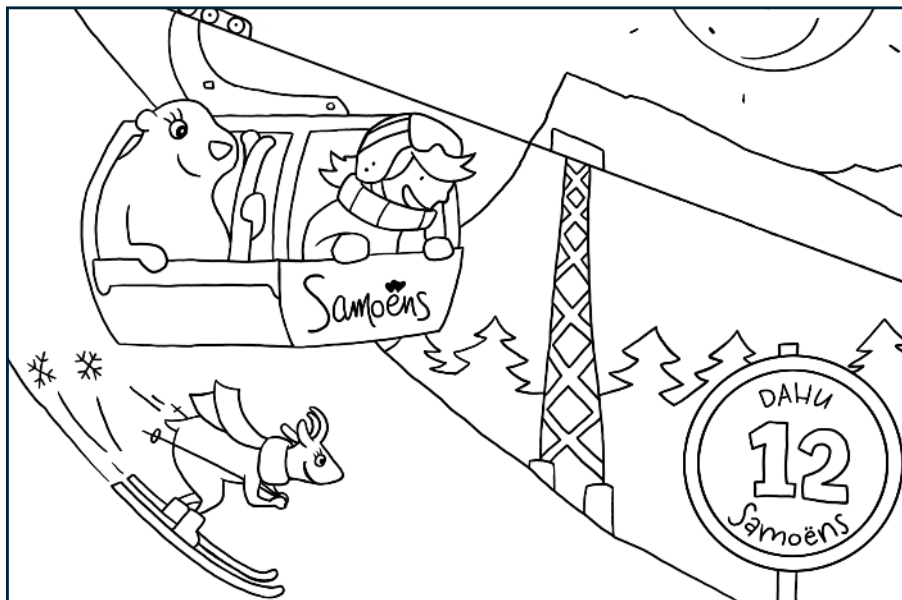
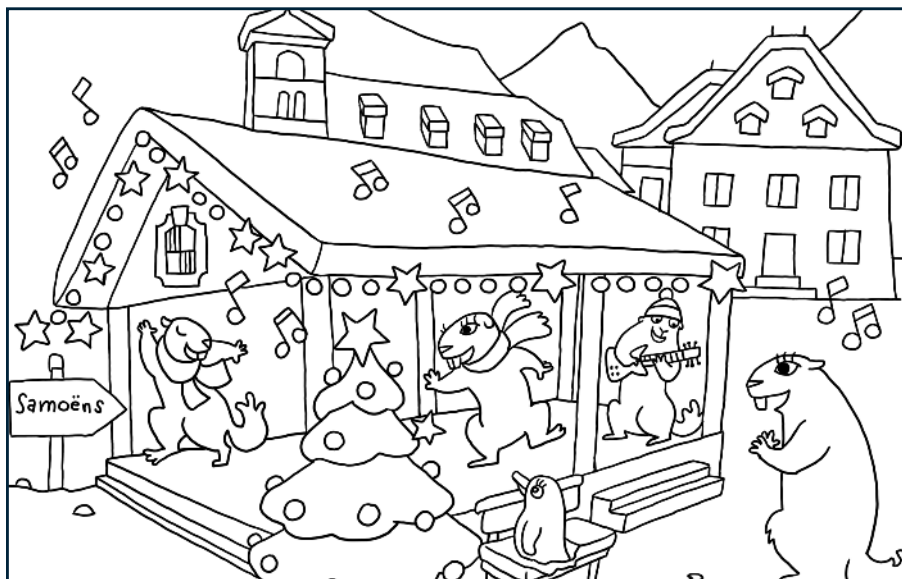
**The Samoëns Tourist Office organises daily entertainment and games for young and old.**

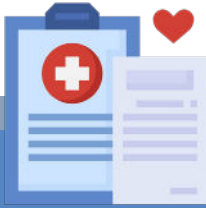
From inscape games and karaoke to shows, family time and wooden games, there's something for everyone, during the day or in the evening. At the start of your stay, the welcome drink is an opportunity to meet up in a festive atmosphere and find out about the programme we've put together for your holiday week.

**Consult the programme of events and activities at :**

**[samoens.com/agenda](https://samoens.com/agenda)**

# To your pencils!





# Medical directory

## **Doctor**

*Medical practice*

123, avenue Cognacq Jaÿ  
+33 (0)4 50 34 41 88

## **Dentist**

*Fabien Meynent  
& Stéphanie Lech*

123, rue Cognacq Jaÿ  
+33 (0)4 50 34 14 55

## **Pharmacy**

*Deffaugt-Sanchez*

Rue Cognacq-Jaÿ  
+33 (0)4 50 34 40 10  
pharmaciedeffaugt.sanchez@  
perso.alliadis.net

## **Osteopaths**

*Erica Berra*

Le Planet - Les Billets  
+33 (0)4 28 01 07 84

*Magali Castella*

Les chalets de Laÿssia  
76, avenue des Glaciers  
+33 (0)4 50 47 51 07  
+33 (0)6 31 71 05 86  
mcastella.osteo@gmail.com

*Julien Coppo*

Place du Gros Tilleul  
Immeuble la Grenette  
+33 (0)6 22 87 88 12

## **Kinesitherapists**

*Marie-Eve Leroy*

123, rue Cognacq Jaÿ  
+33 (0)6 65 90 27 77  
Rdv Doctolib

## **Podiatrist**

*Alice Festuot*

36, place du Criou  
+33 (0)4 50 34 41 50



# Emergency

15 EMS - 17 Police - 18 Fire brigade - 112 General

# Samoëns

À EN TOMBER AMOUREUX



*Samoëns*  
*Tourist Office*

+33 (0)4 50 34 40 28



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